Bob Hatcher Wins Riding Lawn Mower

Bob Hatcher, Route 2, Evington, center ,was the lucky winner of a riding lawn mower in recent drawing held by the Appomattox American Legion Post 104. On the left is Clarence Guthrie, member of Post 104; on the right is Hunt Hamilton, member of Post 104 who sold Mr. Hatcher the winning ticket. In the foreground is Miss Angela Whitman of Spout Spring, who drew the winning ticket.

Archeological Society Survey Recently Done in Area

Right-of-way for the proposed Pamplin-South Creek Transmission line has been examined for historic and prehistoric remains. The survey was sponsored by VEPCO as part of its environmental studies for the line. The survey was done in late June by Mr. Lyle E. Browning, Archeologist for the Archeological Society of Virginia. Eight sites were found along or close to the proposed right-of-way. Five of the sites demonstrate that Indians had lived and hunted in the area for at least 8000 years, although none of the sites appears important enough to justify excavation. Generally, the sites are areas where Indian artifacts have been found over the years, usually by the land-owner in the course of farming activities. Two log tobacco barns in the right-of-way were noted as good examples of this disappearing type of building. One place where a farm home formerly stood was also noted, and this dates from just before the Civil War.

This survey marks the entry of the Archeological Society of Virginia into the field of contract archeological work. The Society has long been engaged in excavations and other studies in Virginia and has published the results in its Quarterly Bulletin. The Society is now expanding its work and staff, and it plans to do more and more surveys. It will also excavate sites which are important and in danger of being lost, due to construction, erosion, or some other cause. The help and cooperation of area residents is needed and appreciated. Persons interested in helping in this work are invited to join the Society. For information on this, write to the Society at 562 Rossmore Road, Richmond, VA 23225.

Community Support Needed

The old cliche, "An ounce of prevention is worth a pound of cure," best describes the theory behind the summer youth work program. To keep the youth of Appomattox from turning into delinquents, we the citizens *must address the community* conditions that cause our youth to engage in delinquent behavior. One such community condition that can be remedied is that of providing our youth with gainful employment.

Many of our youth have expressed a need for employment, but due to the lack of availability of jobs and age restrictions they do not get the chance to earn extra money and feel the responsibility of holding a job. With the help of our citizens, not only will we be fullfilling a need for our youth, but also for ourselves. This is a condition in the community that can be met in an effort to prevent delinquency.

I urge all homeowners needing assistance during the summer months around their homes and yards to please contact Ms. Diane Cote', Monday through Friday, 8:30 a.m. to 5:00 p.m. at 352-8224 and an application will be sent to you.

All young people who are between the ages of 12 and 18 and are interested in earning some income, you are invited to come by Ms. Cote's office in the Juvenile Court Building, Monday through Friday, between 8:30 a.m. and 5:00 p.m. to pick up an application.

EATING WELL

by Barbara L. Morlang, R.D., Ph.D.
Regional Public Health
Nutritionist

What Is Hardening of the Arteries?

Hardening of the arteries is a form of arteriosclerosis, through the gradual development of what doctors call atherosclerosis. Atherosclerosis leads to a thickening of the walls of the arteries and the process usually begins with the deposit of fatty material on the inner lining of the arterial wall.

As more and more of these deposits are formed and increase in size, they gradually narrow the channel through which the blood flows. This process leads to a roughening of the lining of the artery which is normally smooth and glistening. This happens in much the same way deposits of rust clog a water pipe.

There are many people with advanced and widespread changes in the arteries of the heart (the coronary arteries) who give no evidence of artery disease throughout a long and active life. Many of these people die at 75 or 80 years of age from conditions not related to the heart, for example, accidents, malignant turmors, or infections. The reason why these people continue living without symptoms of heart disease is that enough blood still flows through the corroded coronary arteries to provide nourishment and energy for the heart muscle.

When a person dies of a coronary thrombosis, this simply means that there has been a formation of a blood clot in the coronary artery. In the case of a coronary thrombosis, a clot forms in the narrowest part of one of the branches of a coronary artery. This clot may then block the blood supply to one part of the heart muscle, a section perhaps the size of an almond.

Although the term "coronary thrombosis" is often used interchangeably with the term heart attack, it should be emphasized that the formation of a thrombosis is not the only way in which an artery may be closed. in a great many cases an artery is closed as a result of a steady increase in the size of the atheromas - the fatty deposits on the inner lining of the artery wall. In come cases the actual closure is thought to be brought about by small hemorrhages in the wall of the artery.

Today we recognize coronary atherosclerosis when it has announced its presence by an actual heart attack or by a symptom known as angina pectoris. Changes in the electro-cardiogram and certain blood tests also help in the diagnosis of heart attack. However, new X-ray and other techniques now being explored may make it possible to recognize coronary atherosclerosis in apparently well persons and thus permit early treatment aimed at modifying the condition.

Doctors do not yet know all the details related to those changes in the arteries which cause atherosclerosis. However, there is general agreement that there are many different factors. Some of these are heridity, cigarete smoking, obesity, a high blood cholesterol, high blood pressure and diabetes.

Because cardiovascular diseases are responsible for 54% of all deaths in the United States, everyone should heed the five ways to reduce the risk of heart attack: 1. Eliminate cigarette smoking; 2. Eat foods low in animal fat and cholesterol; 3. Keep weight normal; 4. Excerise regularly; 5. Have a regular physical checkup. These do not guarantee that you will not have cardiovascular disease, but they will help to prevent it.

W & L Archaeological Program Has Expanded

The geographical area of responsibility of the Regional Preservation Office at Washington and Lee Univedrsity - affiliated with the archaeological program in W & L's sociology - anthropology department - has been expanded from three counties to 12. In addition to Rockbridge, Alleghany and Botetourt counties, the W & L preservation unit will assume duties in Roanoke, Amherst, Bedford, Craig, Appomattox, Pittsylvania, Henry, Franklin and Patrick counties.

The expansion is the result of increased funds made available to the year-old W&L program through the state's Research Center For Archaeology.

* * *

A 1979 Washington and Lee University graduate, James T. Adams, Jr., has been appointed survey archaelogist at W&L for the 1979-80 year. Adam received is B.A. degree in American history in June and was extensively involved in the Liberty Hall archaeological excavation at Washington and Lee.

Adams will initiate a new research program to identify and examine historical sites in the Rockbridge area, with the goal of assembling informant about early European settlements.

The Regional Preservation Office at W&L, which is supervised by Dr. John M. McDaniel, associate anthropology professor and director of archaeological activities at the university, has asked residents who know of early sites of cabins to contact the office at 463-9111, ext. 331. Many of the locations have no standing structures and therefore have never been explored by historians or archaelogists, McDaniel said.

In addition, volunteer workers interested in helping with on-site archaeological excavations are being recruited. The W&L program has also secured the help of amateur archaelogists belonging to the Roanoke chapter of the Archaeological Society of Virginia.

Residents of any of the 12 counties covered by the W&L preservation program who are interested in participating in the archaeological project on week ends are invited to call the office.

Warning Against Carrying Gasoline In Car Trunks

RICHMOND - Would you feel safe transporting a load of dynamite in the back of your car?

"In essence motorists are doing just that when they carry portable containers of gasoline in their car trunk," according to John T. Hanna, director, Virginia Department of Transportation Safety. "One gallon of gasoline has the explosive power of 14 sticks of dynamite. When stored in cans or bottles in the trunk of a vehicle, gasoline can be set off by a minor rear end collision or a spark from a short in a tail light or brake light. The end result can be fatal."

Despite the high degree of risk involved many drivers continue to transport extra fuel in their vehicle. The National Highway Traffic Safety Administration (NHTSA) reports that the sale and production of gasoline cans has risen by as much as 100 per cent since motorists became concerned over the availability of gas.

"If this is any indication of an increase in gas cans carried on the highway, we have a very hazardous situation on our hands," said Hanna. "Even drivers who use storage containers labeled safety cans are not free from danger. No gas can is designed to withstand a rear end collision if carried in a car or its trunk. Also, gasoline vapors can leak out and catch fire if a can is kept in a closed area."

NHTSA advises motorists to consider transporting fuel "only in the most extreme emergencies." The container used "should be rugged, securely closed but vented and protected against accidental spillage or damage."

"Never keep gasoline in glass bottles," warned Hanna. "If you must store gasoline, store it only for a short time in an approved safety can which has a flame arrester and pressure-release valve. Leave room within the can for the gas to expand and refrain from smoking while gas is being carried."

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On Friday, July 6, WESTVACO Corporaton, Woodland Division, provided 20 employees for Standard First Aid Multi-Media Training.

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Members of the Class of 1953 attending their 26th class reunion were, front row, l to r, Rebecca Babcock Rosser, Louise Burnette Lawson, Betty Layne Thomas, Barbara Ann Gilbert Stanley, and Dorothea Coleman Moore; second row, l to r, Sally Campbell Moore, Peggy Taylor Staples, Betty Faye Burks Thatcher , Lora Fleshman Blackwell, Bertha Wheeler Jones, Joyce McCormick Vaughan; and on back row, l to r, Robert L. Burkey, J. P. Harvey, Carter Woodson, Ray Wingfield, David Spiggle, Earl Agee and Franklin Vaughan.

Class of 1953 Holds Reunion

The graduating class of 1953 from Appomattox High School held its 26th reunion on Saturday, June 30th, at the Appomattox County High School cafeteria with 18 of its 39 classmates attending.

Class President Robert L. Burkey presided over the occasion.

A memorial to the three deceased class members was read by Harry G. Lawson, husband of Louise Burnette Lawson. Class members also placed a basket of flowers in honor of the three deceased class members in their respective churches for the Sunday worship service.

Joyce Vaughan served as program chairman and other members participating on the program werre Rebecca Babcock Rosser, Betty Faye Burks Thatcher and Franklin Vaughan.

Mr. and Mrs. Harry G. Lawson entertained the class with a reception in their home on Saturday afternoon prior to the banquet.

FACTS & FIGURES

There's good news for many companies that rely on complicated computer systems. The first and only complete computer disaster backup and recovery service is available. Called Sungard, it guarantees the exclusive use of its back-up system within 24 hours should any type of interruption strike a company's own computers.

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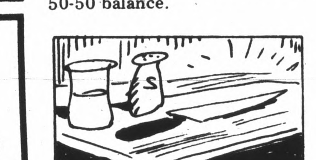

To remove onion smell from a knife and cutting board, rub them with salt and water.

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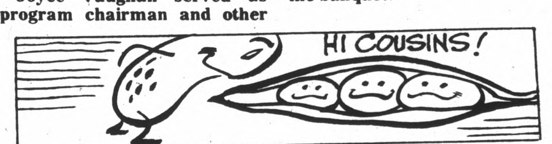
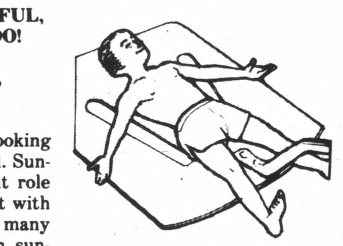


The peanut is not a nut but a member of the pea family.

Health-Wise

SUNNING IS BEAUTIFUL, BUT DON'T OVERDO!

By Allan R. Magie, Ph.D., M.P.H.



People liken a tan to looking healthy and feeling vital. Sunlight plays an important role in our health. Treatment with sunlight can clear up many skin diseases. In addition, sunlight is responsible for the formation of vitamin D in the skin. Just an occasional few minutes of sun on a small portion of the body will produce all the vitamin D you need.

Sunlight is even used to treat new-born jaundice—a condition often found in premature infants. A yellow substance called bilirubin is released from red blood cells that die and accumulates because the liver is unable to break it down. Severe brain damage or even death can result. Babies exposed to natural sunlight or a sunlamp have much less trouble with jaundice, although the exact reason why this is so is still unknown.

But sunburn is a true burn caused by the sun's ultraviolet rays. These rays make up about one percent of all the sun's rays that reach the earth. When skin pigment—called melanin—is exposed to the sun the cells which contain the pigment produce more cells containing melanin which give the skin a darker appearance. The pigment serves to protect the skin from injury. That is what a tan is: a protection reaction to skin injury.

The tan does not limit further injury as many people think. True, about half of the ultraviolet rays are blocked, but the rest pass through, reaching the deeper tissues. And the damage doesn't appear right away. The cells in the deep tissue become changed and disorganized. Eventually, perhaps as many as twenty years later, the *sundamaged skin takes on an* aged, leathery appearance, with lots of wrinkles.

Sunburn is not the only kind of bad reaction resulting from exposure of the skin to the sun's rays. Sometimes the drugs people take make the skin very sensitive and it develops rashes or burns easily. Such medications include oral contraceptives, several antibiotics, barbituates, and even some perfumes and cosmetics.

"Cold" sores may develop on the lips of some people every time the same area is exposed to the sun.

Skin cancer also results from exposure. In fact, the number of people developing skin cancers is directly related to the amount of yearly sunlight in the area where exposure occurs. Fortunately, this type of cancer can be detected and treated easily.

When it comes to the sun it's best to play safe. It's smart to protect the skin from burning and more serious injury. Use preparations which screen out the sun's burning rays, and limit the amount of time spent in the sun.

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